

TENNderCARE

Give Them the
Best Start at a
Healthy Life

Coloring Book



TENNder CARE



Check In



Check Up



Check Back

TENNESSEE'S EPSDT PROGRAM

Tennessee has made a commitment to promoting good health in children from birth until age 21. It's called the TENNderCare program.

TENNderCare is a free program of check ups and health care services for children who have TennCare. These services make sure babies, children, teens and young adults receive the health care they need.

Good health begins at birth, so it's important to Check In, Check Up, and Check Back with your doctor each year.

The check ups and other health care services are done by doctors, dentists, and other health professionals. Call your doctor or TennCare health plan today to schedule an appointment.

Visit us on the Web at: www.tennessee.gov/tenncare/tenndercare



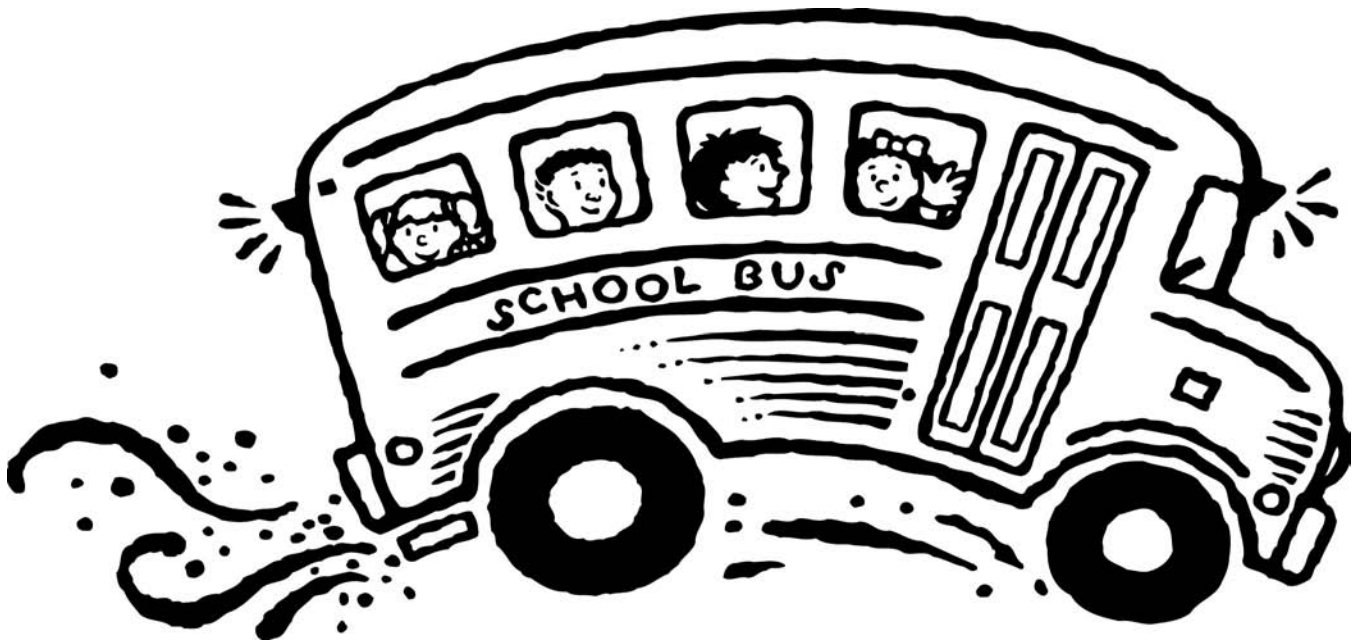
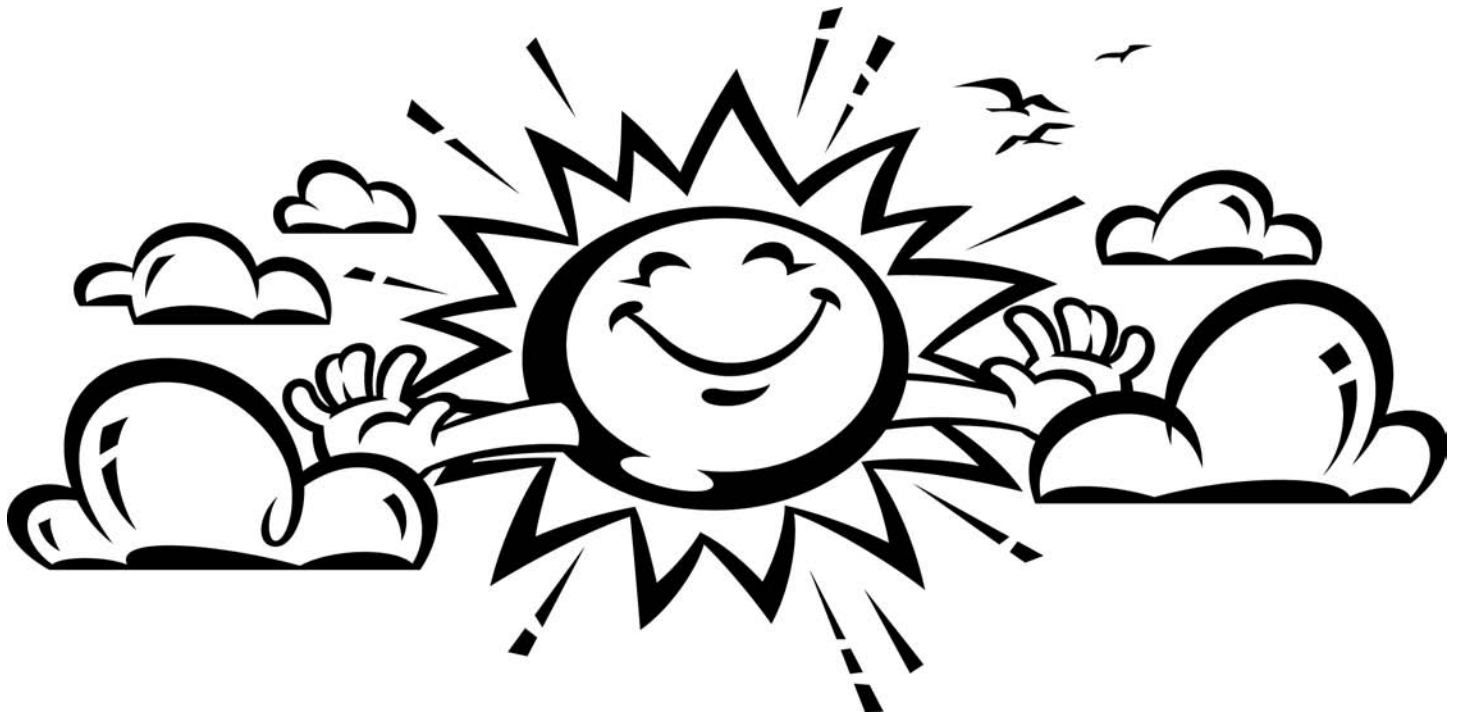


My mommy loves me.



My daddy loves me.

Going to school is fun!



Listen to your bus driver.

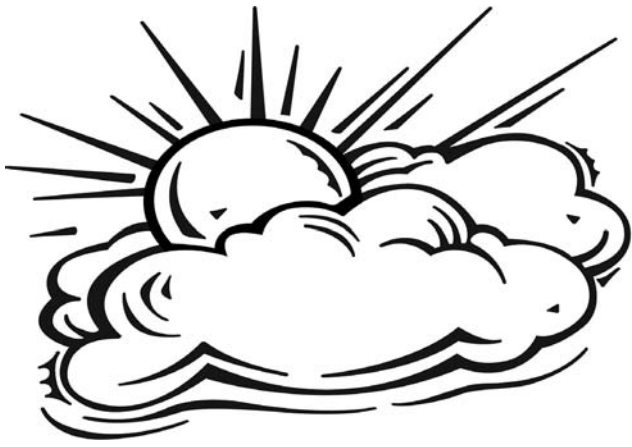
Do you know the answer?



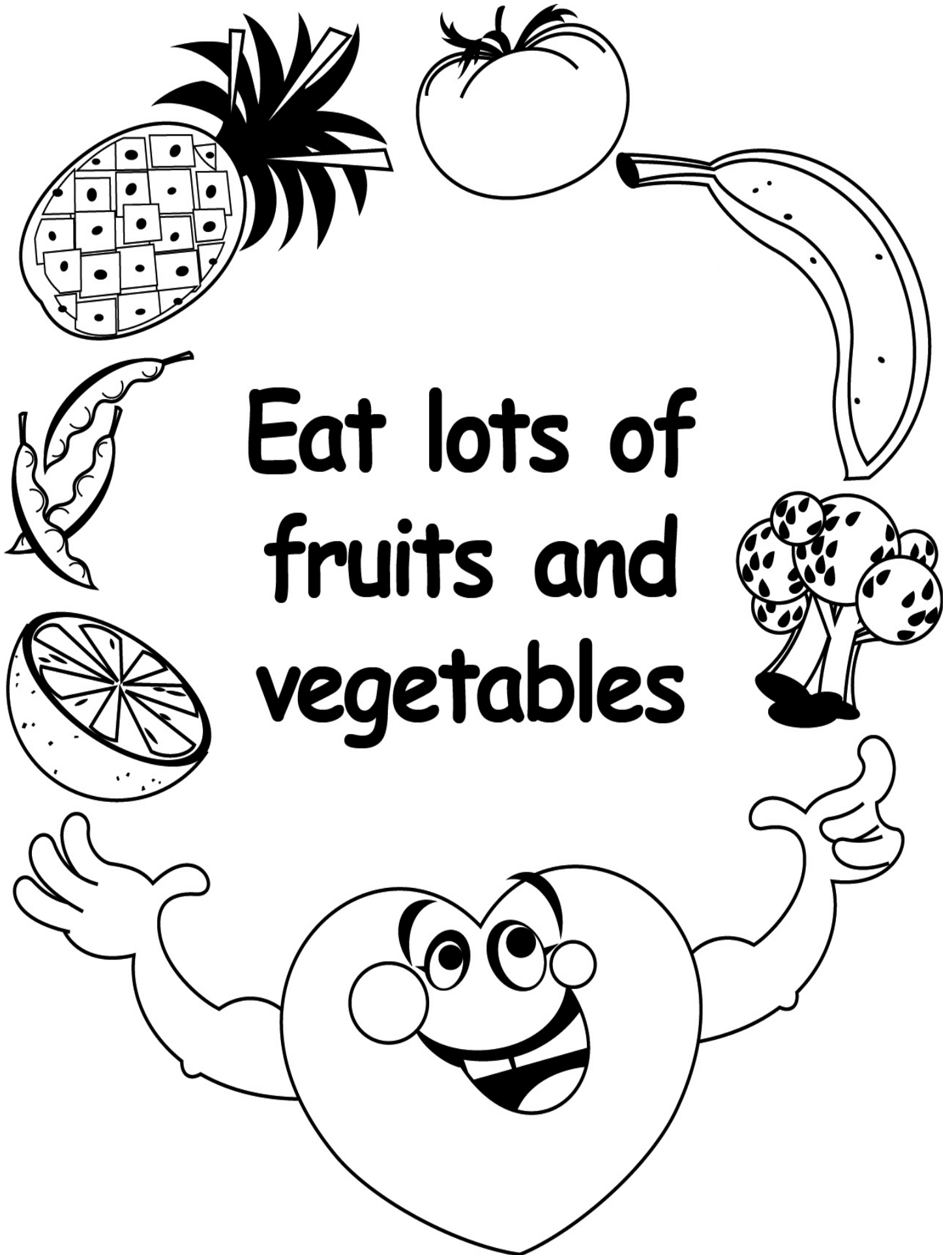
**Make sure you study and
do your homework.**



Playing outside is good for
a growing boy and girl.



Always, share your toys.



**Eat lots of
fruits and
vegetables**



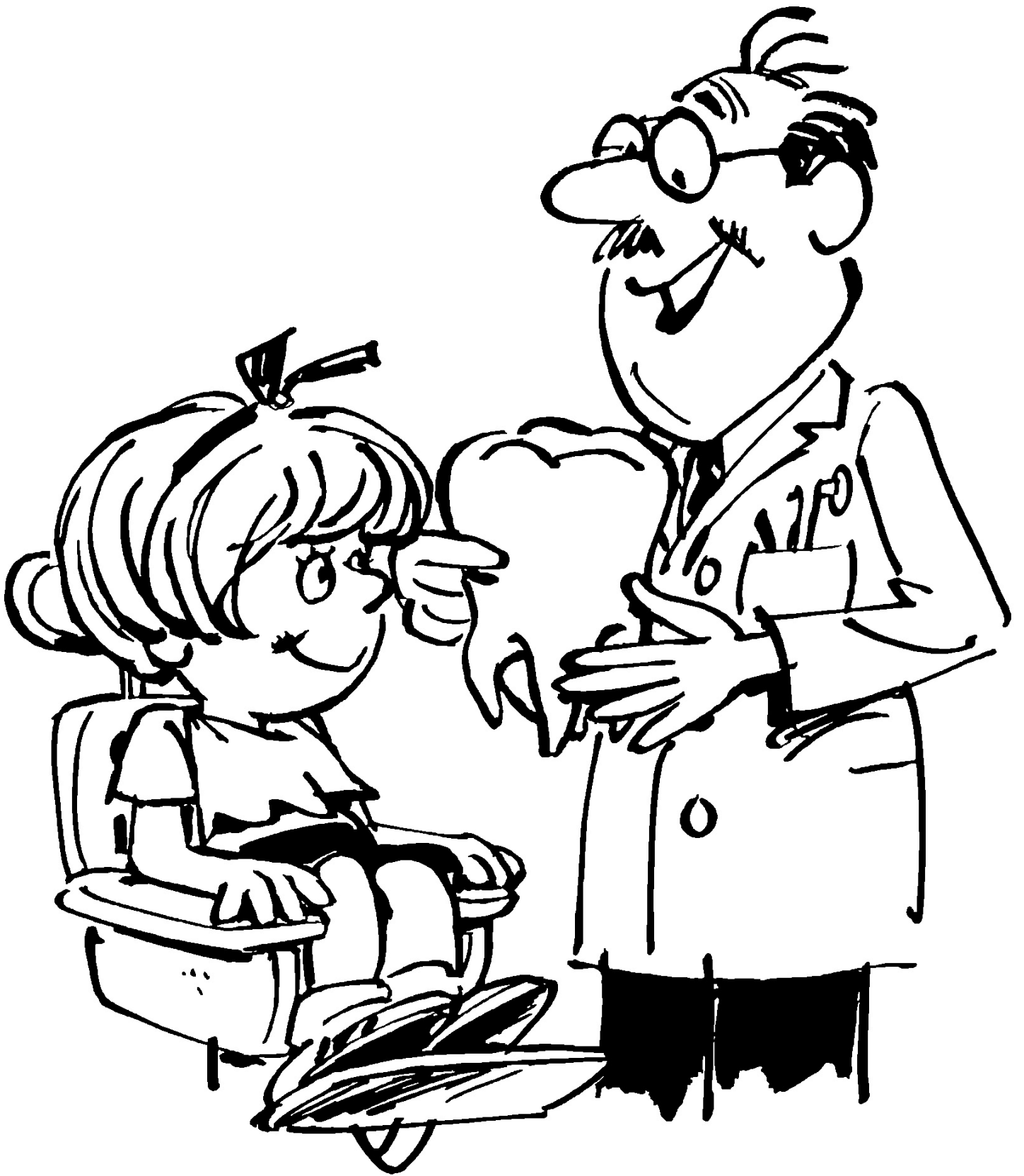
**Buy healthy food instead
of junk food at the store.**



**Go to the doctor for a
check-up every year.**



Doctors make sure you are healthy while playing sports.



Keeping your teeth is cool.



**Go to the dentist every
six months.**



**Be kind to people with
special needs.**

**Tomorrow is another busy
day filled with learning
and play.**

Get lots of rest and sleep.

